

The Enrichment Center of Lee County



Lee County Senior Services

*A North Carolina Certified Senior Center of Excellence
Serving Boomers, Seniors, Caregivers & Veterans*

1615 South Third Street, Sanford North Carolina 27330

(919) 776-0501 FAX (919) 774-7593

enrichment.center@leecountync.gov www.leecountync.gov/ec

Business Hours: Monday - Thursday 8:00 a.m. - 8:00 p.m.

Friday 8:00 a.m. - 5:00 p.m.

*The mission of Lee County Senior Services
is to fashion an achievable vision of successful aging in Lee County.*

*The Enrichment Center is a public facility housing Lee County Senior Services and Veterans Services.
The Center is a focal point in the community where patrons access services and engage in activities.
Programming is intergenerational with an emphasis on community betterment through involvement.
We offer a variety of innovative programs: educational, entertaining, fitness, health and wellness.*

***Most of our programs and services are open to all Lee County adults. Due to the broad variety offered,
policies and guidelines will be reviewed at the time of inquiry and registration.
We welcome residents of neighboring counties on a space available basis.***

EDUCATIONAL OFFERINGS—Life long learning is essential for maintaining a zestful life. The Enrichment Center offers many challenging opportunities. Classes vary from topics concerning financial planning and insurance to driver's refresher, art classes, current events and dancing. Participants keep Enrichment Center staff inspired with their innovative ideas for continuing education.

The Enrichment Center Staff are available to make presentations on topics related to aging for area groups, agencies and employers. Marketing assistance is available to small businesses that wish to attract mature consumers. Industrial, business, faith community and agency/organization partnerships are welcome.

SERVICES - Lee County Senior Services has been providing quality services for over twenty-five years in the Sanford area. Among the many services offered at the Center are:

❖ Powerful Tools Training for Family Caregivers ❖ Nutritionally Balanced Meals ❖ Home Delivered Meals
❖ Transportation ❖ Volunteer Opportunities ❖ Resources for Family Caregivers ❖ Information/Referral/
Options Counseling ❖ Home Repair ❖ Medicare Counseling ❖ Tax Assistance ❖ Advance Directives:
Healthcare POA & Living Wills ❖ Support Groups ❖ Indigent Programs ❖ Resource Library ❖ Notary
Public ❖ Senior Games & Silver Arts ❖ Community Outreach ❖ Grandparents Raising Grandchildren
❖ Aging Provider Network ❖ Public Access Computers ❖ Wireless Internet ❖ EC Friendly Phone
Connections ❖ Community Events Information ❖ Employment/Training Information

ACTIVITIES - The Center provides a wide variety of entertaining activities. Card Parties, games, dances, trips, drop in activities and regularly scheduled special events are part of the weekly fare. Participants and the general public work with staff to develop innovative programming.

FITNESS - Fitness is central to many of the programs offered at the Center. Wellness programs include yoga, aerobic exercises, water aerobics, Zumba Gold and an equipped fitness room. A fitness trainer is available Monday through Friday from 8:00 a.m. until noon and Monday through Thursday from 4:00 p.m. until 8:00 p.m. Center staff work with area health care professionals to offer health fairs, health education self-care seminars and disease prevention classes.

March 2015



Wellness Works!

Fitness Programs Held at the Enrichment Center - Lee County Senior Services

A North Carolina Senior Center of Excellence

Serving Boomers, Seniors, Caregivers, Veterans And Volunteers

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E-mail: enrichment.center@leecountync.gov Internet: www.leecountync.gov/ec

We Have Something for Every"BODY" Try a Class for FREE!

*To register for classes, further details and guidelines,
please give us a call or stop by the Center.*

*Consult a physician before beginning
an exercise program.*

Daytime Classes Package \$30/month

- \$10 discount

Evening Classes Package \$25/month

- \$10 discount

Low Impact Aerobics & Toning Classes

\$10 per month.

Tuesday/Thursday 9:00 – 10:00 a.m.

with Kathy McLeod-Edwards

Low-Impact Aerobics Monday/Wednesday

5:30 p.m. with Cathy Andrew

Zumba Gold

\$10 per month.

Mondays 6:45 p.m. with Cathy Andrew

Water Aerobics Held at OT Sloan Pool

June - August \$25 for the summer or \$10/month

Monday/Wednesday/Friday 11:00 a.m.

& Monday/Wednesday 5:30 p.m.

Stretch & Tone

Tuesday/Thursday 11:00 a.m. No Charge.

The Fitness Room

Monday - Thursday 8:00 a.m. – 8:00 p.m.

Friday 8:00 a.m. – 5:00 p.m.

\$1.00 per daily visit – Equipment orientation required.

Walking Trail

1/4 mile around the perimeter
of the property. No Charge.

Fitness Yoga

Mondays 8:30 a.m. OR Tuesdays 5:30 p.m.

OR Fridays 8:30 a.m.

Senior Games & Silver Arts

of Lee County

Held every spring and offers athletic & artistic events.

Senior Games & Silver Arts are open to Lee County
residents age 50 and better.

**Drop by for shuffleboard, horseshoes,
bocce and table tennis!**

Equipment available for your use.

FREE Evidenced-Based Wellness Programs Offered

Contributions Accepted

Call (919) 776-0501 ext. 2201

for Class Dates and Times

Living Healthy with Diabetes

A program for people with diabetes that provides
participants with skills and tools to gain
more control of their health.

Powerful Tools for Caregivers

A program for family caregivers that provides
participants with tools and strategies to better handle
the unique caregiver challenges.

SilverSneakers Fitness Location!

SilverSneakers is a fun, energizing program that helps
older adults take greater control of their health by
encouraging physical activity and offering social
events. If you are part of a Medicare health plan or a
group retiree, you may already have the SilverSneakers
benefit. Eligible participants receive FREE participation
in our qualifying fitness programs at The Enrichment
Center: yoga, fitness room, land aerobics, stretch &
tone & Zumba! **To enroll bring your membership
card to The Enrichment**

**Center and complete an
information form from one
of our fitness instructors.**

